

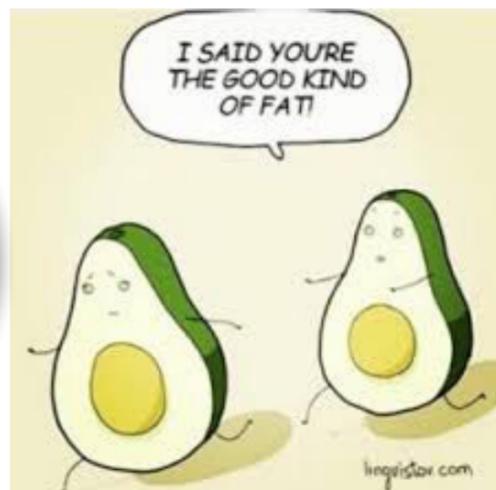
Fat Free Zone

My house is a fat free zone. That is, no one is allowed to use the term "fat" in reference to anyone. Ever. It is such a loaded and hurtful word and I hate it. I grew up in a size-accepting home. My mom would say "I am not fat, I am fluffy" and my dad taught me "everyone is beautiful in a bathing suit" because he appreciated the self confidence it takes to walk around in a little slice of fabric and he saw it as the essence of beauty. Confidence is beautiful.

There was never judgment about size and we were never made to feel unattractive if we put on a few pounds. But that didn't stop me and my siblings from trying every diet on the planet or obsessing about fitting into our skinny jeans. Feeling confident comes from feeling "like yourself" and let's face it, we don't really feel like ourselves when we are carrying around excess weight or categorized as "obese" at the doctor's office.

Here at Hello Healthy Box, we are all about achieving your CONFIDENT weight and we are here to help you feel like yourself so you can be healthy and happy.

Everyone looks beautiful in a bathing suit

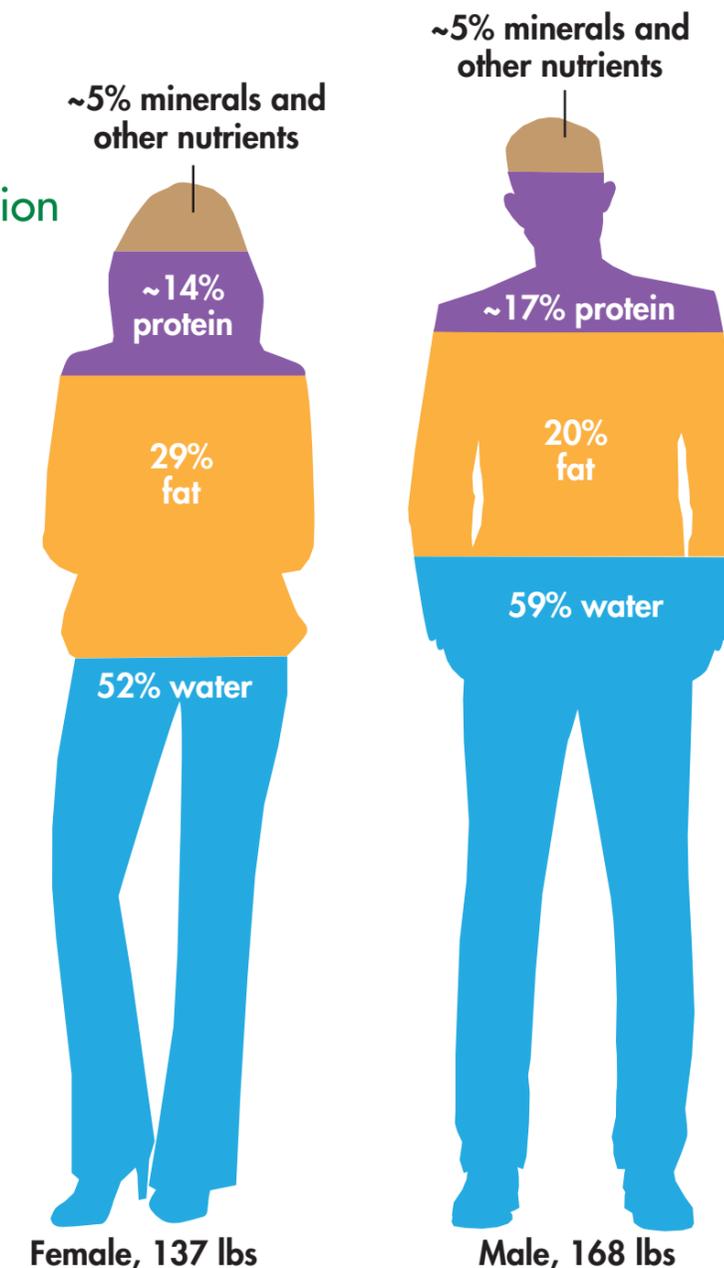


The next
WTH!
What the
Healthy
will
explore
Food Fat
and what
are good
fats vs
bad fats to
consume.

What you need to know about Body Fat

The human body is made up of compounds similar to those found in foods: 1) water; 2) fat; and 3) Carbohydrates/protein/vitamins/minerals. Body fat protects us from cold and powers our bodies to do the amazing things it does.

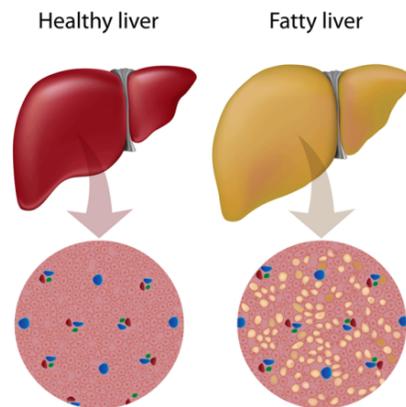
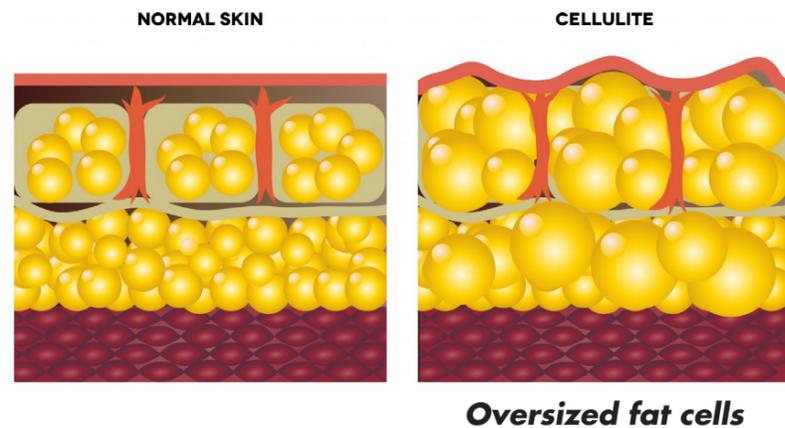
The Composition of the Body



What is Body Fat?

Body fat includes essential body fat that is necessary to maintain life and reproductive functions (why women need more), and storage fat where the body stores excess energy in the form of fat cells. Think of storage fat as backup fuel. You cannot get rid of fat cells, but you CAN REDUCE THEIR SIZE by burning the fat as fuel. It just takes time and effort and patience.

When meals deliver more energy (calories) than the body needs, the excess is stored as **storage fat**. Once your body has burned all of the carb and protein calories from the last meal, the body relies on fat storage for fuel. Excess fat storage creates over-sized fat cells that grow and accumulate over time. During fasting or exercise (and depending on when you last ate), your body often has to use fat for fuel if it exhausted the other nutrients. The Hello Healthy Box program is designed to burn the fat by reducing your calorie intake of carbs while boosting metabolism with continuous protein intake.



What is Fatty Liver

Fat storage also builds up in the liver. The liver is the second largest organ in the body. Its function is to process everything we eat or drink and filter any harmful substances from the blood. This process is interrupted if too much fat is in the liver. It becomes enlarged and inflamed. Fatty liver is a reversible condition with lifestyle modifications like losing weight and eating healthy.

What is the right balance of fat?

The body naturally wants balance. It wants you to have just the right amount of body fat needed to stay in balance. Body percentage is simply the mass of fat divided by the whole total body mass.

ACE Body Fat % Chart		
Description	Women	Men
Essential fat	10-13%	2-5%
Athletes	14-20%	6-13%
Fitness	21-24%	14-17%
Average	25-31%	18-24%
Obese	32% +	25% +



The government provides this handy calculator to help you assess your body fat mass. The "right" amount of body mass varies by height, gender, and age.

www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm

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BODY YOU
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